

## PAPER BAG COOKING

WONDER-WORKING SYSTEM PERFECTED BY M. SOYER, WORLD'S GREATEST LIVING CHEF

### DUEL BETWEEN PAN AND BAG.

By Martha McCulloch Williams.  
Experience has been my only school which, perhaps, accounts for the fact that I hold no opinions half heartedly. Especially about cooking. It seems to me the finest of fine arts, all too much misapprehended, and held a druggery instead of a privilege. Possibly this makes me reactionary—a holder-fast to old methods. Certainly when Soyer's paper bag cookery was suggested to me, there was not a stouter skeptic in all these United States. Soyer's experience did nothing to change my mind. Rather, it convinced me that paper bag cooking was one of the things that cost more than they come to. For I set myself this sum. Bags, plus greasing, plus clips, equal the cost of many sauce pans. Furthermore, it is against sense and reason that the mere putting of food in a bag should either hasten the cooking or better the flavor of it. This I regard the case forthrightly, but ended by concession—I would try out paper bags and see what I should see.

The first bag left me warmly triumphant.

Wisdom ferments like yeast. As I acquired it, there was no keeping it to myself. It dripped down upon my next story neighbor, a cook both born and made. She was interested but skeptical—less so than I had been, notwithstanding of an open mind. So when I proposed an experiment—a culinary duel, if you please—whose result was to be decided by the scales, she was ready, even eager to engage in it.

Each of us bought a rib roast—hers weighing four pounds, mine but three. To the eye, they were identical save in the matter of size. And our gas ranges are oven-brothers, for by exactly the same pattern, her roast went into a pan, mine into a bag. Not having to baste nor watch mine, after the flame was turned down properly, I had liberty to run in on her and see how she fared. She was doing her best—a best that is superlative, watching and basting her beef with the skill of a chef. The result was something beautiful to behold when she took it out after little more than an hour. Mine was still in the oven, its bag intact, though I had turned out the gas after forty-five minutes. It had not been on full for forty minutes, whereas my neighbor had kept hers lowered only the least bit. The exact saving of gas I do not undertake to compute—but that there was a saving is beyond question.

The scales showed her roast to have lost in weight a fraction over nine ounces. Mine, lighter by a pound, had lost a fraction under two ounces. Furthermore all the strength

of my meat was in the gravy. A fifth at least of hers remained sticking to the pan, though he treated it in the usual way. We reckoned that a paper bag would have saved her a half pound weight of beef, equivalent to twelve cents, the cost of many paper bags. Indeed, I felt that the gas saving alone would have more than paid for the bag, the clips, the greasing. Moreover, my beef was tenderer than hers, had a richer taste, and was juicier.

Smothered Chicken.—Have a good-sized broiler cut into joints, taking care not to leave sharp bones to the joints. Salt and pepper them lightly, dredge with flour and lay in a well-greased bag upon thin slices of bacon. Cover with more bacon slices, taking care to keep the chicken spread rather flat. Add a tablespoonful of water, or a couple of peeled and sliced tomatoes. Shreds of green pepper add somewhat of flavor to the tomatoes. Seal in bag and cook for forty minutes, shaking bag almost half after the first five minutes.

### BOON TO THE SLENDER PURSE.

It is as true as it is piteous that "the poor" is destroyed by his poverty. Strength and competence, the high roads of escape from poverty, depend primarily on health, which in turn depends so much upon food. For these many, many years it has been patent that many of our fellow creatures have been handicapped in the race of life by improper food or the improper preparation of cheap food that would be health-giving in ample quantity if prepared properly for the palate.

There is opening now an avenue of possible escape. I mean the paper bag. By its help, the cheap cuts which alone are within the compass of slender purses, may be cooked in such fashion as to yield the last grain of nourishment they contain, and be bettered in the process. Further, they will sauce and season much other cheap food-stuff, thereby doubling or trebling its dietetic value.

This can be accomplished through the medium of stews.

Meat for stewing may be bought at the lowest current prices—"ank, neck, scrag, shank"—it is all the same to the bag. Have a care in cutting it up, that no sharp bones are left projecting. Wash clean, but very quickly, after cutting up, dry with a damp cloth—which is not paradoxical though it sounds so—season lightly with salt and pepper and let lie for an hour in a cool place. Wash the vegetables carefully, cut them up, and put in cold water.

Grease a roasty bag very well—a stew of all things needs not to be skimped in space. Put a thick layer of the mixed vegetables, dripping wet, at the bottom of it, on that a layer of meat, then more vegetables, the rest of the meat, then the last of the vegetables, thrusting in among them a good lump of fat, either dripping, butter or lard, that has been rolled in flour. Pour in a tablespoonful of water for each pound of meat, fold the bag, clip it extra securely, put in a hot oven, after ten minutes reduce the heat one-half, and cook from two to three hours, depending on the bulk. Take up in a deep dish, stir well, taste, add more salt and pepper if needed, and serve very hot. The proportion of vegetables to meat may be three to one, or even four to one, if there is plenty of extra fat.

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## For Late Suppers

By Nicolas Soyer, Chef of Brooks' Club, London.

Dried Herrings with Fine Herbs.—Few people know how very nice smoked and dried fish can be when cooked in a paper bag and seasoned in the French fashion. Take four dried herrings, bone them, fill the cavities with a little (about half a teaspoonful to each fish) finely minced shallot, or chives, and parsley. Add a few fresh bread crumbs and tiny bits of butter. If liked, a tiny grate of nutmeg may be added as well as a good dust of pepper. Put into a well-greased bag and bake in the oven for ten minutes. Dish up and serve as hot as possible. Other dried fish are excellent prepared in the same way.

Riz Aux Crevettes.—Take four ounces of boiled rice, add to it pepper and salt to taste, a lump of butter about the size of a big Brazil nut, and two generous spoonfuls of finely grated cheese. Put this mixture in a well-greased bag and make very hot for six minutes. Then open the bag and stir in gently a few flaked shrimps. Mix in lightly with a fork. Replace the bag on the broiler, make hot for another three minutes, then dish up and serve.

Jambon Milanais.—Take six slices of either raw ham or breakfast bacon, machine cut if possible, take also half a pint of cold boiled peas, and if to hand, half a dozen cold boiled new potatoes. Put the slices into a bag and cook them, then take out, and add the peas and the potatoes, the latter first thinly sliced, and cook in the same fat until very hot. Empty on to

a hot dish and pour over the peas half a pint of very hot well-seasoned tomato pulp or tomato catsup, which ever is preferred. The peas and potatoes should be arranged as a border with the slices in the middle.

### PLAIN ROASTS.

Sirloin, Round, or Ribs of Beef.—Grease well with drippings (but this is not absolutely necessary). Put the joint in a bag. Do not season the joint before cooking. Put the joint on a broiler, in a moderate oven. For a three-pound joint allow forty-five minutes; a seven-pound joint, an hour and twenty minutes; fourteen pounds, two hours and fifteen minutes.

Veal Mutton, or Pork.—If a thick gravy is required, roll the joint in flour before placing in the bag. Allow the same time as for beef.

Roast Chicken.—Cover the breast of the fowl or chicken with butter or drippings, or better still, tie a piece of fat bacon over it. Place in a bag and set on broiler in a hot oven. Allow twenty-five minutes for a small spring chicken, thirty-five minutes for a large fowl, forty-five to fifty minutes (according to size) for stuffed poultry or game, in a moderate oven.

Roast Turkey or Goose.—Allow one and a quarter hours in a moderate oven; stuffed, allow one hour and twenty-five minutes to two hours. (Copyright, 1911, by Sturgis & Walton Company.)

## Are Children Worth Saving?

Medical Paper Draws Contrast Between Care of Babies and Bogs.

Are the children of the United States worth one eighth as much as the bugs? Andrew J. Peters, a member of congress from Massachusetts, asked this rather startling question at Louisville recently at a mass meeting on child labor.

Mr. Peters showed that the bureau of animal industry costs the country \$1,654,450 a year, and that the bureau of plant industry costs \$2,051,586. The proposed children's bureau would cost \$29,440 and would investigate child labor, infant mortality and other important phases of child conservation. It is being opposed, of course, by some manufacturers who want to employ babies in cotton mills, coal mines and other places admirably adapted for the growth of mind and body and the development of sturdy American men and women.

In some quarters the investigation

of child labor is regarded as an unwarranted invasion of personal liberty. Certainly! Public schools were so regarded in their early days. No doubt we shall soon have a national league for juvenile freedom, secretly financed by the coal and cotton barons and demanding for the child the right to labor when and where it pleases. In the meantime, if congress believes the baby crop is worth as much or one-tenth as much as the fruit crop, a children's bureau should be established without delay.—American Medical Association Journal.

### A Man's Way.

"I hear the bride is having trouble already." "Married only a month and having friction?" "Why, so they say." "What is the trouble?" "Seems her husband wants to get going to afternoon receptions and get back to his business."

## IDEAS FOR HOME BUILDERS

BY WM. A. RADFORD.

Mr. William A. Radford will answer questions and give advice FREE OF COST on all subjects pertaining to the subject of building, for the readers of this paper. On account of his wide experience as Editor, Author and Manufacturer, he is, without doubt, the highest authority on all these subjects. Address all inquiries to William A. Radford, No. 125 West Jackson Boulevard, Chicago, Ill., and only enclose two-cent stamp for reply.

The most economical house to build and to occupy afterward is nearly square, of medium size, full two stories in height, with a good, deep cellar and an attic big enough to act as a buffer against heat in summer and cold in winter. Such houses give more room according to the size of the foundation and roof than any other design.

The house here illustrated is typical of this style. It is 31 feet wide by 28 feet from front to rear—proportions that work to good advantage. There are certain geometrical combinations that work to a disadvantage in a square house, but are easily overcome when you add a few feet to the length.

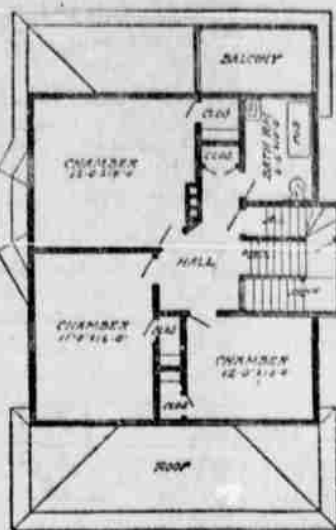
One of the difficulties is the stairway, which interferes with the proper laying-out of the rooms in every short house. Stairways in dwelling-houses have caused more gray hairs, and sent more architects to early graves, than any other feature in house building. There was a time when a rough ladder fashioned with an ax answered the purpose. It was made with the trunks of two trees for sides, and sections of smaller trees for rounds.

There was a hole through the upper floor and usually an effort was made to place the opening where the roof was high enough so you could miss hitting the knots on the rafters with your head. From that time to this, stairways have grown in complexity until we think we have them about perfect.

This plan provides a projection which holds about half of the stair

no accurate estimate can be given without figuring the actual amount of heating surface and cubic air space, on general principles it may be said that, taking five years together, the cost of one system is about the same as the other.

There are arguments in favor of both systems for houses of this size. With hot air you can get the fresh, pure air from outside, and send it into every corner of the house. My belief is that families using hot air furnaces that are properly installed enjoy better health than those who use hot wa-



Second Floor Plan.

ter for heating; but, unfortunately a great many hot air furnaces are arranged to take the air from inside the house. This loses the most valuable asset that should ordinarily be placed to the credit of the hot air furnace. However, either system should embrace a thorough plan for constantly changing the air in the rooms through ventilating flues. But, I am sorry to say, this is a subject the American people have paid very little attention



First Floor Plan.

landings. The projection also offers an excuse to work in four windows for light and for general effect. The lighting of a modern stairway is another recent improvement on anything that former generations were familiar with.

This arrangement is a combination affair going up from the kitchen and from the front hall, and down from the kitchen to the cellar. On the second floor the going up to the attic and down stairs is equally good. The stairway looks well, and it is very convenient and satisfactory.

A house built in this manner has another advantage, and that is in heating. It is so compact that from one to five tons of coal per year may be saved, as compared with the amount required in some old-fashioned, loose-jointed houses that are no more roomy and offer no more accommodation. Under this house is a splendid cellar that is as light as some of the best rooms in houses built a dozen years ago, when small, narrow windows were in fashion. In a basement like this you can place a modern heat-

to. It is destined to occupy our attention more as years go on and we learn more about the germ theory of disease. It is not necessary to mention steam heating for a small dwelling. The economy of steam comes in when we have a larger building to heat.

I like to plan houses like this, because they are so thoroughly complete when properly built, as they should be, from cellar to attic, with all the essentials carefully worked out. It is just as important to balance up all the mechanical features of a house as it is to look to and adjust all the parts of a machine. Mechanics have more to do with our comfort and health than most of us realize. A small fire in the cellar may be made to supply hot water to the laundry tub, to the kitchen and to the bathroom, so we can have hot water to use at any hour of the day or night. I often think that we accept the many modern improvements in our houses without due appreciation.

I want to call attention to the upper balcony in the rear of the bathroom. Since carpets have been abolished, and all good houses have hardwood floors, rugs have become very fashionable. It seems necessary to have rugs cleaned once a week or once a month, according to the amount of service required of them; and this upper balcony facilitates the work of cleaning. The rugs may be carried out and left in the sun, and even on the floor or sidewalk over the balcony railing, so whipped over the balcony railing, so much easier than to carry them down to the yard. It is another contrivance to save work and promote sanitation.

### Not to Be Intimidated.

In a certain New York town there lived an eccentric character whom every one called "Uncle Hi." In his old age Uncle Hi "experienced religion," and one night was asked to lead the prayer meeting. As he could neither read nor write, the request might easily have daunted him had he been a less courageous man. But Uncle Hi was not one to be daunted. Very solemnly he rose and drawing his unusually tall form to its greatest height said: "Brethren, sing the one hundred and thirty-third Psalm." After a silence, broken only by an occasional titter, some one said: "There aren't as many as that." "Sing as many as there be, then," thundered Uncle Hi—Youth's Companion.

### Breaking It Gently.

"Good morning, Mrs. McCann," said an Irish laborer to a lady at the wash tub. "An' the top of the mornin' to you, Mister Mullin," she replied. "Of t'ough," said he, "Oid shtep in t'ay 'ere husband' has shopped shokin'." Mrs. McCann: "Saints be praised! It's seventy-five cents a month he'll be savin'." "Oid layin' bet's he won't," said Mr. Mullin. "He wor lightin' his pipe in the p'wer factory an' he dropped the n' tch."

### GOLDS AND CHILLS BRING KIDNEY PILLS

Colds, chills and grip strain the kidneys and start backache, urinary disorders and uric acid troubles. Doan's Kidney Pills are very useful in the raw spring months.

They stop backache and urinary disorders, keep the kidneys well and prevent colds from settling on the kidneys. Mrs. E. A. Bennett, Johnson Ave., Los Gatos, Cal., says: "If I took cold or over-worked, I had such severe pains through my back, I could hardly move. My limbs ached until I scarcely knew what I was about, and headaches and dizziness distressed me. I began using Doan's Kidney Pills and was entirely relieved. It is over two years since I have had any kidney trouble to speak of."

"When Your Back Is Lame, Remember the Name—DOAN'S." 50c. all stores. Foster-Milburn Co., Buffalo, N. Y.

### Astonished Husband.

De Wolfe Hopper tells a good story about the domestic unhappiness of another actor. The hero of the joke was a man who had married because the woman had much money, although no beauty. Naturally, after the wedding ceremony and the acquisition of the bride's financial resources, the husband was never very attentive to her.

Another member of the company in which the couple were appearing was, however, far more appreciative of the lady's charms, and proceeded to make love to her in an ardent but stealthy manner. The grand finale came one evening when the actor discovered the other man kissing his wife. The fond lover stood petrified with fear, and expected to be shot down the next moment.

No such thing happened. The outraged husband only lifted his hands toward the ceiling with a gesture of intense surprise, and exclaimed: "Merciful heavens! And he didn't even have to!"

### His Only Complaint.

Senator Beveridge, at a luncheon in New York, was talking about the child labor problem.

"Children are so plucky and so cheerful," he said, "we don't realize how horribly overworked they are till it's too late—till their bodies and minds are stunted irremediably."

"I was once talking to a tiny errand boy at the height of the Christmas shopping season. He was working, I knew, 17 hours a day. As he walked sturdily along with a mountain of parcels piled on his thin, narrow shoulders, I said to him: 'Do you like your job?'"

"Yes, sir," he said; "I like it fine. Only—"

"Here he grinned up at me gayly from beneath his load."

"Only I'm afraid I'm doing an automobile truck out of a job."

### No Wonder She Blushed.

Two of the University of Pennsylvania track runners passed a learned and preoccupied professor showing a young woman visitor through the "Gardens."

With a dainty shiver, the girl remarked: "It's dreadfully cold—Isn't it—to be without stockings?"

The professor's mind turned for a moment from contemplation of the fourth dimension.

"Then why did you leave them off?" he asked.—Lippincott's Magazine.

### The Ugly Brute.

"See that measuring worm crawling up my skirt?" cried Mrs. Bjorka. "That's a sign I'm going to have a new dress."

"Well, let him make it for you," growled Mr. Bjorka. "And while he's about it, have him send a hookworm to do you up the back. I'm tired of the job."

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### Nothing Hard About That.

"The woman I marry," he said, "must be able to blush." "Oh," she replied, "I can do that. I blush every time I am seen anywhere with you."—San Francisco Chronicle.

A very successful remedy for pelvic catarrh is hot douches of Paxline Antiseptic, at drug stores, 25c a box or sent postpaid on receipt of price by The Paxton Toilet Co., Boston, Mass.

### Up to the Minute.

"Well, she has succeeded in doing the latest thing, anyhow." "What's that?" "Eloped with her father's aviator."

### A Diplomat.

"Don't ask a girl for a kiss unless—"

"Unless you want one?"

"No, unless you don't."

## A Drop of Blood

Or a little water from the human system when thoroughly tested by the chief chemist at Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., tells the story of impoverished blood—nervous exhaustion or some kidney trouble. Such examinations are made without cost and is only a small part of the work of the staff of physicians and surgeons under the direction of Dr. R. V. Pierce giving the best medical advice possible without cost to those who wish to write and make a full statement of symptoms. An imitation of nature's method of restoring waste of tissue and impoverishment of the blood and nervous force is used when you take an alternative and glyceric extract of roots, without the use of alcohol, such as

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Not That Kind. "It would save a lot of trouble," said a newspaper man the other day to Representative Slayden of Texas, after the Democratic caucus on the Henry resolution to investigate the "money trust." "If you would allow us to attend the caucus."

"On the contrary," replied Mr. Slayden, with a twinkle in his eye, "I thought it would make a lot of trouble."

"Well, can't you give me an interview on it, now that the fight is over?"

"No," answered Mr. Slayden, "it would be against my principles. I never kiss and tell!"

Probably No Exception. "Jones has invented an airship."

"Then it's bound to be a success."

"Why so?"

"All his other schemes have gone up."

If you intend to do a mean thing, wait till tomorrow; but if you are going to do a noble thing, do it now.

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